



april 7, 2015

hartford street zc news

The First Precept: Reverence for Life

"Aware of the suffering caused by the destruction of life, I undertake to cultivate compassion and learn ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to condone any act of killing in the world, in my thinking, and in my way of life."




Life is precious. It is everywhere, inside us and all around us; it has so many forms.

The First Precept is born from the awareness that lives everywhere are being destroyed. We see the suffering caused by the destruction of life, and we undertake to cultivate

compassion and use it as a source of energy for the protection of people, animals, plants, and minerals. The First Precept is a precept of compassion, karuna -- the ability to remove suffering and transform it. When we see suffering, compassion is born in us.

It is important for us to stay in touch with the suffering of the world. We need to nourish that awareness through many means -- sounds, images, direct contact, visits, and so on -- in order to keep compassion alive in us. But we must be careful not to take in too much. Any remedy must be taken in the proper dosage. We need



HARTFORD STREET ZEN CENTER
www.hszc.org 415.863.2507

public schedule

mondays

*7:00 am zazen
*7:40 am morning chanting service

**last monday of each month, no morning schedule*

6:00 pm zazen
6:40 pm evening chanting service

tuesdays - fridays

6:00 am zazen
6:40 am kinhin (walking meditation)
6:50 am zazen

to stay in touch with suffering only to the extent that we will not forget, so that compassion will flow within us and be a source of energy for our actions. If we use anger at injustice as the source for our energy, we may do something harmful, something that we will later regret. According to Buddhism, compassion is the only source of energy that is useful and safe. With compassion, your energy is born from insight; it is not blind energy.

we humans are made entirely of non-human elements, such as plants, minerals, earth, clouds, and sunshine. For our practice to be deep and true, we must include the ecosystem. If the environment is destroyed, humans will be destroyed, too. Protecting human life is not possible without also protecting the lives of animals, plants, and minerals.

Thich Nhat Hahn



hszc saturday post dharma talk garden conversation 03 2015

7:20 am chanting service
7:40 am soji (brief temple cleaning)

6:00 pm zazen
6:40 pm chanting service

thursdays study hour 7:30pm

saturdays

6:30 am zazen
7:10 am chanting service
7:25 am soji
8:30 am drop-in instruction
9:25 am zazen
10:15 am dharma talk
11:00 am refreshments/social*

** if a ceremony applies it will occur
before social time*



upcoming events:

dharma talks @10:15am, saturdays

- **Myō Lahey** - apr 11,25 may 2,16,30
- **Daiko Tanzen, David Bullock** - may 23, jul 25

guest speakers - **Konin Cardenas** - apr 18; **Ko Shin, Steven Tierney** - apr 25; **Fugan, Eugene Bush** - may 9; **Laura Burges** - jun 20; **Anshi Daigi, Zachary Smith** - jul 11; **Dale Borglum** - aug 15; **Anshi Daigi, Zachary Smith** - sept 19; **Laura Burges** - oct 17; **Fugan, Eugene Bush** - nov 14; **Ryuei, Michael McCormick** - dec 12

full moon ceremony - saturday, may 2nd - the full flower moon; in most areas, flowers are abundant everywhere during this time. thus, the name of this moon. other names include the full corn planting moon, or the milk moon..

Buddha's birthday - saturday, apr 11 born 2500+ years ago to King Suddhodana and Queen Maya in the garden of Lumbini which was located in Kapilavastu, a small kingdom in the Himalayan foothills. He was called Siddhartha and later, Shakyamuni Buddha.

It has long been said that at the time of his birth Shakyamuni Buddha said, "Heaven, earth and I are all one person." At each temple throughout Japan, a small pavilion, covering a statue of the baby Buddha pointing one index finger toward heaven and the other toward earth, is set up and decorated with flowers. This stature is bathed with sweet tea and this is the way Flower Festival is observed.

Flower Festival is not held only at temples, however. It is observed as a general, public event especially at kindergartens, where it is often held on a big scale. Let us believe in the true happiness brought about by Shakyamuni Buddha's teaching and celebrate the unsurpassable joy it gives.

study hour - thursdays @7:30pm: the Vimalakīrti Sūtra. we can share books for anyone who wants to join in, or feel free to purchase a copy and join us (many are very low cost online, we focus on [Dr Thurman's version](#)). check our twitter page for any last minute changes in schedule.

closure & schedule changes -

no morning (only) zazen & chanting/service on the last monday of every month.

founder monthly memorials - [Issan's](#) is the 6th of each month and [Philip's](#) is the 26th (or closest dates to these if cant be on that day evenings at 6:40pm or saturday mornings

buddhist film festival apr 10 to 16 - [click here for more deatils](#) for sf bay area dates & details

practice discussions are available with Rev. Daiko Tanzen, David Bullock. please contact him directly or email: hszc108@yahoo.com to request to schedule time.



Please help support our Temple, Dharma Study, Resident Student Program, Our Practice Schedule, Space & Programs offered to the Public.

Donations are tax deductible
we are a 501-C 3 non-profit

words from our Abbot: Rev. Myō Lahey

...it also implies that when we move through life we do so with no weight, there's no trail, there's no tracks; but in this house we find tracks all over the place, stuff forgotten, stuff not lost... The other day I went to the bathroom and there was no toilet paper left, not replaced, I thought HERE? HERE TOO? HERE? And I was like "come on folks, hello!" So this is definitely not the spirit of the house and I also look in the trash and there is all this recyclable paper in there, and I'm like "wait" this is not happening, we are not making the effort. If you're not making effort to be moved and cooled and inspired by the so called spirit of the house, then were missing a tremendous chance.

I often say to people "how's your practice?" and they say "man, when I'm in the Zendo its great and then when I get outside everything's a mess, so that's kind of crummy". I realize oh they don't sense that bridge yet, so in this practice the first thing we do when we get up from sitting usually, is we have a little service. We do a little bowing and we do a little chanting.

This is the first step in being able to, I don't know if its right to say build that bridge, but the first step in learning where 'it' is in this body-mind, so sometimes we sit and some people get right up and run out ---whoosh--- and they don't want to do service, and that is a big mistake. This is where it starts to happen, and in the morning we do Soji, we clean the temple which is another step in extending this practice in caring for things as if they were our own eyes, our own body, our own mind. Things are that way, but unless we live according to that it is very hard to see, very hard to appreciate it. Sitting is indispensable, not exactly to open, but to allow the wisdom light to shine, but then you have to actually do some work with that, you have to treat the whole world as your own body, not as your possession but as intimate as your own flesh, bone, blood and marrow...

[hszc dharma talk 02 2007](#)

APRIL 10th through the 16th - [SF Bay area Buddhist film festival!](#)

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Setsurin Melissa "Rin" McCarthy heads out to walk across the USA to raise awareness of climate concerns - "in regard to life choices and priorities, and the clear imperative I feel to listen to, and honor internal guidance"

From Rin: It is my hope to set out upon a walking pilgrimage across the continental U.S. (a rather large ambition, to be sure) to fulfill a number of different intentions -- as a way of paying respect to the earth, to help spread awareness (my own and maybe others') about climate concerns, and, I hope, as a healing meditation for my intermittently misanthropic heart.

The idea of walking the continent has been a regularly recurring theme for me for most of my adult life, although the inspiration/motivation has changed many times. As much of my sporadic political and social activism has come from a negative place (anger, outrage), similarly, this idea has often sprung from depression and despair -- in the last decades, over constant environmental degradation and abuse...

Between 1992 and 2003 I lived in a Buddhist community and in 1998 was ordained as a priest, though I am not currently in formal practice. Throughout this time I continued to think about pilgrimage as a practice. More recently I took the idea of walking practice on the road, on a Spanish pilgrimage via the Camino Santiago de Compostela in 2012, and found the experience to be intensely transformative, as well as being a form of 'moving meditation'. My route took me from the Spanish Pyrenees near the French border, to the city of Santiago de Compostela, near the west coast -- a distance of about 800 kilometers. So, as one can imagine, I am a 'seasoned' long-distance walker, if only lightly seasoned! (In the 80's I had experienced distance walking in England, on some of the numerous footpaths that crisscross the country.)

It must also be said that I have become more intentional about personal

fitness and health after undergoing cancer treatment from 2008 - 2010. This period was transformative, too, in particular ways, especially in regard to life choices and priorities, and the clear imperative I feel to listen to, and honor internal guidance. The decisions I have taken since then have had the flavor of celebration and gratitude for this phase of my life.



...there is no way to ignore the deeply disturbing, continuing global trends of environmental destruction and waste, acceleration of weapons production and distribution, public apathy (or paralyzing polarization), and the unbridled corporate greed that seems to be underpinning a culture of ruthless global exploitation. What to do? One without deep pockets can volunteer and rally, and sign/distribute petitions. Make phone calls to elected officials. And watch small gains in social justice all but swept away by large losses...

Meanwhile, in contrast with the part of me that enjoys my varied and busy life these days, it also seems that I have not been 'cured' of the pilgrimage bug so much as motivated to continue. The most recent incarnation of this walking plan, and I think the 'truest' way to express what inspires it comes down to the simple (though by no means easy!) act of paying respect, through walking and meditation, to the planet that we humans are so effectively suffocating. I will not deny feeling a certain element of despair and skepticism that humans can turn the tide of such massive pollution and plunder committed on relatively small planet upon which we depend absolutely. But, as well as the (one might say) 'karmic imperative' driving this need to express respect for the environment by walking, it seems important to make the acquaintance of Americans across the country (upon whom I will also depend along the way), and to see where conversations about climate might lead. Yes -- it would be possible to do this by car, or bicycle for that matter. But a person on foot has a better chance of actually 'being where s/he is', and connecting with others. And walking is a 'statement' I feel able to make.

Logistics and Practical Matters

My intention (at this point) is to depart from home in San Francisco and head east; as yet I cannot be sure about a final destination, but had

thought about Washington DC. If there are any folks who would like to walk for a part of the way, please do contact me and we can discuss possibilities; it would be nice to have some company occasionally! If there are others who have walked long-distance in the U.S., I would be grateful to hear about your experiences, and for any advice you'd like to offer. Advice/input about gear, routes and anything else is welcome.

If all goes according to plan I will use a Smart Phone (yet to be acquired) for communication and some mapping, although I know that there are large areas with no mobile access. And I still love paper maps!

Financing

While I will be able to finance this venture in part, it will be necessary to raise some additional funding for outfitting and to meet expenses on the way. This may be the better part of a year, and I am not too proud to say that I hope to fill the gap with a few donations!

I am also hoping to benefit some of the non-profit groups I have been supporting over the years, so if any like-minded people would prefer making a gift to one of the climate-related organizations, it would be equally appreciated. There are numerous organizations doing important work on behalf of climate awareness. If I should find that I have raised a surplus, my plan is to donate what I do not use to one of the following groups: 350.org; The Center for Biological Diversity; Reverend Billy and the Church of Stop Shopping, among others. I will post whatever donations I have made to these groups.

I do not take for granted my physical or mental capability to carry out this venture, or assume that I will make it all the way across the country. Nor will I pretend I am not quite intimidated by the prospect! The possibility seems good, however, and the time seems right – to take the leap and see what happens!

To keep up to date when Rin can report back [go here!](#)



[bike to worship date for HSZC!](#)

Intro to Urban Bicycling Workshops

Free workshops to educate people on the joy of biking in San Francisco and to prepare for Bike to Worship Week. This workshop is open to the public and will cover the basics of how to pick the right bike for everyday riding in SF.

- April 15 | 6:30-7:30PM | First Unitarian Universalist Church, 1187 Franklin St [Details](#)

- May 21 | 6:30- 7:30PM | Most Holy Redeemer Catholic Church, 100 Diamond St [Details](#)

Interfaith Ride

Sunday, May 30 | TBD

Myles Cowherd of the San Francisco Zen Center is working to organize this ride. If you're interested in participating, please let me know. Details coming soon.



HIV meditation group; weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!
thursdays & fridays

10:30am zazen

11:00am garden socializing

meditation in recovery; weekly meditation group for men & women in recovery from addiction
fridays, 7:30pm - 9pm

(women only) meditation in recovery; monthly meditation group for women in recovery from addiction

first thurs, 7:15pm -8:45pm

(men only) meditation in recovery; a monthly meeting for men in recovery from addiction

3rd thurs of every month, 7:30pm-8:30pm

board of director meetings; you're invited to attend & observe!

are second weds of each month, 7:30pm

please contact us for rental space as well, events, ceremonies performed by a zen priest - weddings, memorials, coming of age & baby naming events

find other sf bay area lgbtqqi events [here](#) - or - [here](#)
national, worldwide & other, holidays [here](#) (*warning* some are pretty silly)



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**Abbot, hartford street zen center --
- Reverend Myō Lahey ---**



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